

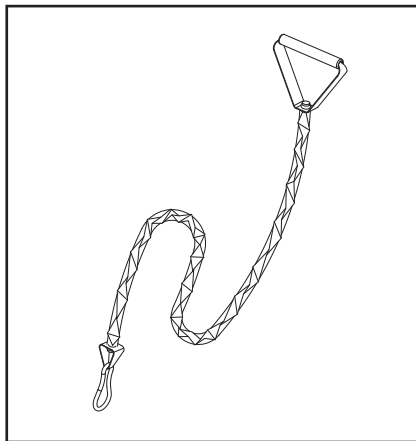


DeniseAustin

BOOTY SCULPTING SYSTEM

Better Squat Trainer Resistance Tubes

Owner's Manual



Safety Instructions

- ⚠ WARNING** Cancer and Reproductive Harm www.P65Warnings.ca.gov
- ⚠ WARNING** Consult your physician before starting this or any exercise program. This is especially important if you are over the age of 35, have never exercised before, are pregnant, or suffer from any health problem. This product is for home use only. Do not use in institutional or commercial applications. Failure to follow all warnings and instructions could result in bodily injury and property damage.
- ⚠ WARNING** To reduce the risk of serious injury, read the following Safety Instructions before using the Resistance Tube.

- The Resistance Tube is for use with Denise Austin Better Squat Trainer.
- The Resistance Tube should only be used after a thorough review of the Owner's Manual by all exercisers and saved for future reference.
- Make sure that the Resistance Tube is properly anchored before use.

This Product is Distributed Exclusively by



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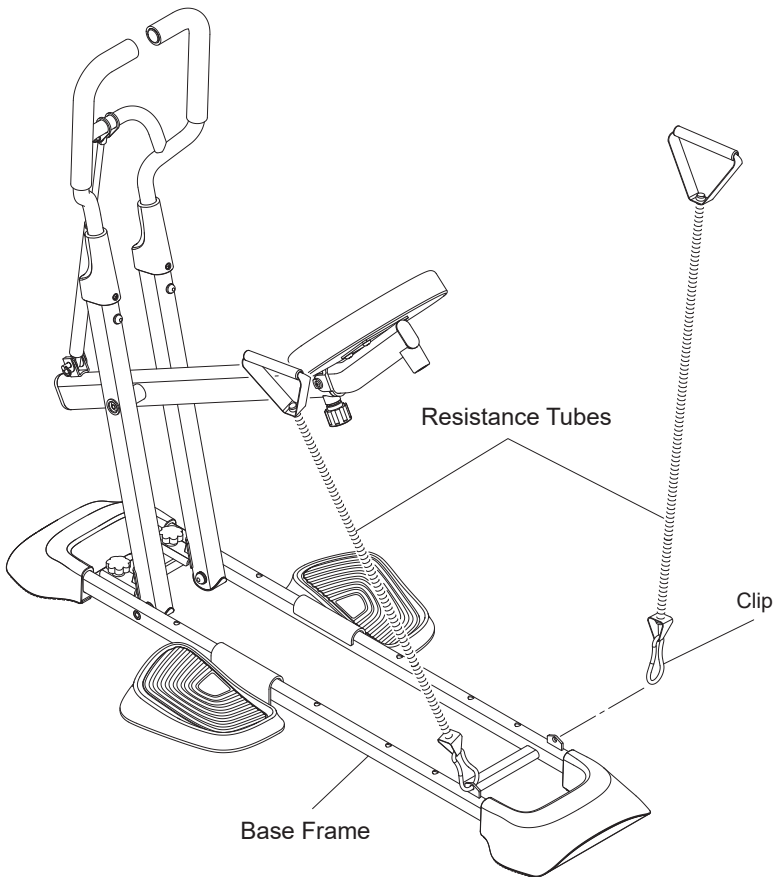
When calling for parts or service, please specify the following model number:
05-0190

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Operational Instructions

Using The Resistance Tubes

Refer to the illustration below. Secure the Resistance Tube hooks to the brackets on both sides of the Base Frame of your Denise Austin Better Squat Trainer.



RESISTANCE TUBE USE INSTRUCTIONS

1. **Inspect the tubes:** Before each use, carefully inspect the resistance tubes for any signs of damage such as tears, cuts, or excessive wear. Do not use a tube that is damaged, as it may snap and cause injury.
2. **Proper anchoring:** Securely anchor the tubes to the Better Squat Trainer before use.
 - Be sure the Better Squat Trainer is properly anchored so that it does not lift off of the ground. Refer to instructions on the opposite side of this sheet.
3. **Proper grip:** Ensure you have a firm grip on the handles. Avoid wrapping the tubes around your hands or fingers, as this can cause injury if the tube slips or snaps.
4. **Control the tube tension:** Maintain control of the tube throughout the exercise. Do not release or let go of the tube suddenly.
5. **Consult a professional:** If you're new to resistance tube exercises or have any health conditions or injuries consult with a physician.

PROPER ANCHORING



Be sure clips are properly anchored to the Better Squat Trainer



Place feet securely on Footplates



Place the balls of your feet on the Top Cover of the Rear Base



Place Tubes securely under the arches of your feet